



Breastfeeding



Formula feeding



Baby's first foods



Food and drinks to avoid



**Signs that baby is
hungry or full**

Infants 0–5 Months

Breastfeeding

Suggested Questions:

- How is breastfeeding going?
- What questions do you have about breastfeeding?

Tips:

- Breastmilk is the only food your baby needs.
- Breastfeed frequently, at least 8–12 times in 24 hours.
- Avoid giving your baby any formula, water, teas, or a pacifier in the first month.
- You will know if your baby is getting enough to eat if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.
- It's normal to have questions and need help.

Handouts:

- *#4 Babies First – Answers for Breastfeeding Problems*
- *How to Tell if Your Baby is Hungry (tear off sheet)*
- *Signs That Your Baby is Well Fed (BF bookmark)*

Formula feeding

Suggested Question:

- What questions or concerns do you have about preparing formula or feeding your baby?

Tips:

- Prepare formula according to the instructions on the label. Use the right amount of clean water.
- Always hold your baby when bottle feeding.
- Never prop the bottle or put your baby to bed with a bottle.
- Do not put cereal in the bottle.
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.

Handouts:

- *A Nutrition Guide for Birth to 6 Months*
- *How to Tell if Your Baby is Hungry (tear off sheet)*

Baby's first foods

Suggested Question:

- What questions do you have about first foods for your baby?

Tips:

- Breastmilk or formula is the only food your baby needs.
- Starting solid foods too early may cause allergies or choking.
- Wait until your baby shows all the signs of readiness, around 6 months. Signs include sitting up without support, reaching and grabbing, and taking food from a spoon.
- WIC will add cereal to baby's WIC checks at six months.
- Do not put cereal in the bottle.

Handout:

- *Feeding Your Baby: Birth to 8 Months*

Food and drinks to avoid

Suggested Question:

- What have you heard about food or drinks that your baby should not have right now?

Tips:

- Never feed your baby honey or foods made with honey.
- Starting solid foods too early may cause allergies or choking.
- Do not put cereal in the bottle.
- Water or juice is not recommended before 6 months. Babies get enough liquid from breastmilk or formula.
- Do not give regular cow's milk until your baby turns one year old.

Handout:

- *Feeding Your Baby: Birth to 8 Months*

Topic of your choice

Signs that baby is hungry or full

Suggested Question:

- How do you know when your baby is hungry or full?

Tips:

- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.
- Your baby will want to breastfeed or take formula every 2–3 hours, even throughout the night.
- Do not force your baby to finish a bottle.
- You will know if your baby is getting enough if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.

Handouts:

- *A Nutrition Guide for Birth to 6 Months*
- *How to Tell if Your Baby is Hungry (tear off sheet)*
- *Sign That Your Baby is Well Fed (BF bookmark)*

Infants 0–5 months